

Amendment to the Specification

Please replace the first full paragraph on page 10, beginning with the words “Figure 3 shows” with the following:

Figure 3 shows a four arm, freestanding martial arts training device 200. Device 200 comprises a freestanding base 202; the base 202 further includes a fixed position shaft 204 screwed into threaded socket 220 in the base. The device further includes a rotating shaft 206 that is hollow and fits over the fixed shaft 204. The rotating shaft 206 is supported on the fixed shaft portion of the base by a bearing which comprises two parts 216 and 218 that are each cup like structures each having a hollow cylinder closed at one end by a curved surface which matches the ~~a-matched curved surface on the other structure.~~ Bearing part 216 is fixedly attached to the rotating shaft 206 by fasteners 217. Part ~~246~~218 is press fit over fixed shaft 204. The matched curved surfaces are preferably lubricated with heavy grease. Part 216 rotates on fixed part 218 allowing the rotary shaft to turn freely. The arms 208, 210, 212, and 214 extend from the rotating shaft and may be integral parts or attachments. The length of the arms is such that they extend beyond the base when the device is supported upright on the base. The rotating shaft is preferably made from preformed plastic and may be a single preformed piece of molded plastic or alternatively may be readily made of plastic pipe and fittings assembled to make the shaft and arms. In either alternative, the rotating shaft should fit over the fixed shaft. Padding 207 covers the rotating shaft.